

## For More Information, Contact:

Virginia Department for the Aging  
1610 Forest Avenue, Suite 100  
Richmond, VA 23229  
Toll-free: 1-800-552-3402  
Richmond: 804-662-9333  
E-mail: [aging@vda.virginia.gov](mailto:aging@vda.virginia.gov)  
Web Site: [www.vda.virginia.gov](http://www.vda.virginia.gov)



Virginia Department of Agriculture  
and Consumer Services  
Division of Marketing  
1100 Bank Street, Room 908  
Richmond, VA 23219  
Richmond: 804-786-2112  
Web Site: [www.vdacs.virginia.gov](http://www.vdacs.virginia.gov)



Produce for Better Health Foundation  
Web Site: [www.5aday.com](http://www.5aday.com)

Information on locally-grown  
Virginia produce



Web Site: [www.viriniagrown.com](http://www.viriniagrown.com)

United States Department of Agriculture,  
Food and Nutrition Services  
3101 Park Center Drive  
Alexandria, Virginia 22302  
Web Site: [www.fns.usda.gov/wic/  
SeniorFMNP/SFMNPmenu.htm](http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm)



# Farm Market Fresh For Seniors



## Virginia's Senior Farmers Market Nutrition Program



## What is Farm Market Fresh For Seniors?

Virginia's Farm Market Fresh for Seniors program helps seniors get free, locally-grown fresh fruits, vegetables and cut herbs available during the growing season.



## How does Farm Market Fresh for Seniors Work?

- You are eligible to participate in the program if you meet the criteria outlined below and if you enroll during the PRE-ENROLLMENT period. Participation is on a FIRST-COME, FIRST-SERVED basis, and the number of people who can enroll is limited. Contact your local Area Agency on Aging for details.
- Once you are enrolled, you will receive your Farm Market Fresh for Seniors coupons. Each coupon is worth \$5.00. Individuals enrolled in the program will receive \$40.00 worth of coupons. Enrolled couples will receive \$65.00 worth of coupons.
- Each \$5.00 coupon may be used to purchase fresh, locally-grown fruits, vegetables and cut herbs from participating certified retail farmers market vendors. You will not receive change back on your purchase when you use a Farm Market Fresh for Seniors coupon.
- Certified retail farmers market vendors will exchange coupons for fresh fruits and vegetables in-season, depending on the season and the food items available for the farmer to exchange.

# Why participate in the Farm Market Fresh for Seniors program?

- To get FRESH, TASTY and NUTRITIOUS locally-grown fruits, vegetables and cut herbs.
- To get 5 or more daily servings of tasty fruits and vegetables for better health.
- To support the farmers in your region.
- There is no cost to you.



## Do I qualify?

You qualify to participate if:

- You are 60 years of age or over, AND -
- You are a Virginia resident, AND -
- You do not live in the same household as the farmer who grows the produce, AND -
- You are not an immediate family member of the farmer who grows the produce, AND -
- You meet the program's income requirements.



# How do I sign up for the Farm Market Fresh for Seniors program?

Call your Area Agency on Aging (see list below) and ask for details on how you might participate.

For Southwest Virginia, call:

**District Three Senior Services**  
4453 Lee Highway  
Marion, VA 24354-4269

1-866-820-2646 or  
276-783-8158



For Arlington County, call:

**Arlington Agency on Aging**  
3033 Wilson Blvd., Suite 700-B  
Arlington, VA 22201

703-228-1700

For Southeastern Virginia, call:

**Senior Services of Southeastern Virginia**  
6350 Center Drive, Bldg. 5, Suite 101  
Norfolk, VA 23502-410

757-461-9481



For Eastern Shore of Virginia, call:

**Eastern Shore Area Agency on Aging-Community Action Agency, Inc.**  
49 Market Street  
Onancock, VA 23417-0008

757-787-3532

For Shenandoah Valley, call:

**Valley Program for Aging Services, Inc.**  
325 Pine Avenue  
Waynesboro, VA 22980-0603

1-800-868-8727 or  
540-949-7141



For Southern Virginia, call:

**Southern Area Agency on Aging, Inc.**  
433 Commonwealth Boulevard E, Suite A  
Martinsville, VA 24112-2020

1-800-468-4571 or  
276-632-6442

**If you qualify, sign up through the Area Agency on Aging that serves your community.**

**Participation is LIMITED.** The Virginia Farm Market Fresh for Seniors Program is funded through a grant from the USDA and locally sponsored by the Virginia Department for the Aging and the Virginia Department of Agriculture and Consumer Services.

# What's in season?

These are typical fruits and vegetables that may be found at Virginia's retail farmers markets in a normal season. The varieties, volume and quality of available produce may vary depending on the weather and other factors. Farm Market Fresh coupons may be used only for these typical, locally-produced fresh fruits, vegetables and cut herbs.

## VEGETABLES

Broccoli  
Cabbage  
Cucumbers  
Eggplant  
Greens  
Green or snap beans  
Green peppers  
Lima beans - shelled and unshelled  
Potatoes - Irish or round white  
Pumpkins  
Spinach  
Squash - fall, winter and summer types  
Sweet corn  
Sweet potatoes

## FRUITS

Apples  
Blackberries  
Cantaloupe  
Nectarines  
Peaches  
Pears  
Strawberries  
Tomatoes  
Watermelons

## OTHER

Fresh cut herbs